



August 15, 2017

Volume 2, Number 8

## From the President's Desk

Things are really coming together for the Katy Back to School 5k. Our race committee has been hard at work for months to bring this event to you and to the local running community. On behalf of the KARC Board I want to recognize and sincerely thank the members of the race committee:

Doris Bozanich - Volunteers and Aid Stations  
Rick Bozanich - Race Day Logistics and Online Registration  
Steve Brammer - Logo Design  
Adam Daniels - Race Day Logistics  
Jana Daniels - Promotion, Shirts and Awards  
Jenny Demarest - Volunteers and Aid Stations and Promotion, Shirts and Awards  
Nancy Husby - Logo Design  
Vangie Ibbotson - Volunteers and Aid Stations  
Rebecca Masse - Volunteers and Aid Stations  
Kim McClintic - Race Day Logistics  
Jack McClintic - Timing, Course and Race Day Logistics  
Natalie Perry - Sponsorship Program and Online Registration/Promotion  
Sarah Priest - Sponsorship Program  
Gary Sullivan - Finances and Charity Representative and Race Day Logistics  
Bob Trout - Medical  
Nick Waak - Logo Design

These folks have collectively put in hundreds and hundreds of hours to stage what we hope will be an excellent event. So, when you see them at the race be sure to let them know how their efforts turned out.

If you haven't registered for the race yet I encourage you to do so. This should be a really fun event that you won't want to miss. If you have already registered then please help us out and recruit some more runners. Tell everyone you know about the

race. I've been doing this and have been surprised by some folks who I never thought would be interested in running a 5k. They registered!

I want to emphasize running safety and etiquette again. We've sent out a couple messages to you this month. There are a lot of us out on the trails and streets. We've talked about trail running safety and being aware of hazards on running surfaces (potholes, cracks and snakes) and about the etiquette of sharing the trails with cyclists (shout out to your fellow runners, move to the side to give the cyclists a safe margin to pass). You should also be aware of car traffic when you run on your own. Our group runs are almost all in places with no or minimal car traffic. But, I expect that you, like me, run along neighborhood sidewalks on your solo runs. I've experienced a lot of distracted drivers lately and have had to take evasive action on several occasions. So, now I never expect drivers to stop for me or avoid me. I will not even cross in front of them if they wave me through an intersection or driveway. Better safe than sorry and my pace on recovery runs is really not that important. A collision between a runner and a car will always have dire consequences for the runner. Do the safe thing even if you legally have the right of way.

Finally, I want to make a plug for membership in HARRA - the Houston Area Road Runner's Association. It's not an expensive thing and they even have family memberships which make it very affordable if you, your significant other, spouse, children, parents, etc all are runners. For membership in HARRA you get discounts on some of the local races - usually \$3 - and you get a subscription to Texas Runner & Triathlete. Besides those direct benefits you'll be supporting the local running community. HARRA does a lot for the local running community. So, check them out at [www.harra.org](http://www.harra.org). And, if you do register make sure that you indicate your club membership - you'll find KARC on their dropdown list of clubs.

I wish you happy and health running.

Mike Masse

## Rick's Training Corner

We are into the training season for the Chevron Houston Marathon and Aramco Houston Half Marathon. When I speak with members about these races, I typically ask what their goal is. Although some answer that their goal is to finish, many have

a goal time in mind. Having a specific finishing time for a specific race is a good thing. It separates a real goal from an ill-defined, open-ended aspiration. It helps pass the 'SMART' test (that is, goals should be Specific, Measurable, Achievable, Relevant and have a Time component). When we set real goals, a knock-on effect is that we generally increase our level of commitment to achieving them.

So, how do we measure if we are on track to achieving our goal? An obvious simple way is to track your workouts. If you are able to keep up with the workouts and stay injury-free, you will undoubtedly both get to the starting line and finish the race. But, what about your goal time? For that it helps to have some checkpoints along the way. Races can provide these checkpoints.

Three popular races constitute the "warm-up" series for the Chevron Houston Marathon. These are the Houston Half Marathon & 10K on October 29, the HMSA Classical 25K/10 Miles on November 26 and the Fort Bend Kia 30K on December 10. Of course, KARC is putting on the Back to School 5K on Monday September 4 which would be a great opportunity to get a data point early in the season to track your progress. You can find links to each of these races in my weekly email.

So, how does running a shorter distance tell you if you are on track for achieving your goal? There are tools (pace calculators) that tell you the equivalent time of your goal race based on your performance in a recent race of any distance. Two of the most popular ones can be found on the Runner's World website (<https://www.runnersworld.com/tools/race-time-predictor>) and on the McMillan Running website (<https://www.mcmillanrunning.com/>). I've used both; they yield similar results. To use them, you simply enter the distance of your goal race, the distance of a recent race and your finishing time for that race. The tools will then calculate your projected performance (finishing time and race pace) for other race distances.

The tools work both forward and backward. That is, plug in your goal time for a recent race and it will calculate your projected time for your goal distance. Or, plug in your time for your goal race and it will calculate the equivalent performance at a shorter distance to indicate whether or not you are on track. For example, if your goal is to run a marathon in 4 hours or less (or an average pace of 9:00 or less), your equivalent 5K time is 24:38 (ave pace of 7:58/mi) and your equivalent

10K time is 51:09 (ave pace of 8:14/mi). If you have run those times for those races this season, then you are on track for achieving your goal.

Based on data from the McMillan Running website, I compiled the following tables. For simplicity, I keyed in goal times for the half marathon and marathon and had the tool calculate the equivalent times for other race distances.

Race Distance						
	5K	10K	10 mi	Half Mar	25K	Marathon
Time	21:36	44:51	1:14:58	1:40:00	2:00:38	3:30:27
Pace	6:57	7:13	7:30	7:38	7:44	8:02
Time	23:45	49:21	1:22:28	1:50:00	2:12:09	3:51:30
Pace	7:39	7:56	8:15	8:24	8:30	8:50
Time	25:55	53:50	1:29:58	2:00:00	2:24:10	4:12:33
Pace	8:21	8:40	9:00	9:10	9:17	9:38
Time	28:05	58:19	1:37:28	2:10:00	2:36:10	4:33:35
Pace	9:02	9:23	9:45	9:55	10:03	10:27
Time	30:14	1:02:48	1:44:58	2:20:00	2:48:11	4:54:38
Pace	9:44	10:06	10:30	10:41	10:50	11:15
Time	32:24	1:07:17	1:52:28	2:30:00	3:00:12	5:15:41
Pace	10:26	10:50	11:15	11:27	11:36	12:03
Time	34:33	1:11:46	1:59:57	2:40:00	3:12:13	5:36:44
Pace	11:07	11:33	12:00	12:13	12:22	12:51
Time	36:43	1:16:15	2:07:27	2:50:00	3:24:14	5:57:46
Pace	11:49	12:16	12:45	12:59	13:09	13:39
Time	38:53	1:20:44	2:14:57	3:00:00	3:36:14	6:18:49
Pace	12:31	13:00	13:30	13:44	13:55	14:28

Data source: McMillanRunning.com

Race Distance						
	5K	10K	10 mi	Half Mar	25K	Marathon
Time	21:33	44:46	1:14:49	1:39:47	1:59:52	3:30:00
Pace	6:56	7:12	7:29	7:37	7:43	8:01
Time	23:05	47:57	1:20:09	1:46:55	2:08:26	3:45:00
Pace	7:26	7:43	8:08	8:10	8:16	8:35
Time	24:38	51:09	1:25:30	1:54:02	2:17:00	4:00:00
Pace	7:56	8:14	8:33	8:42	8:49	9:00
Time	26:10	54:21	1:30:50	2:01:10	2:25:34	4:15:00
Pace	8:25	8:45	9:05	9:15	9:22	9:44
Time	27:43	57:33	1:36:11	2:08:18	2:34:07	4:30:00
Pace	8:55	9:16	9:37	9:48	9:55	10:18
Time	29:15	1:00:45	1:41:32	2:15:25	2:42:41	4:45:00
Pace	9:25	9:47	10:09	10:20	10:28	10:53
Time	30:47	1:03:57	1:46:52	2:22:33	2:51:15	5:00:00
Pace	9:55	10:17	10:41	10:53	11:01	11:27
Time	32:20	1:07:08	1:52:13	2:29:41	2:59:49	5:15:00
Pace	10:24	10:48	11:13	11:26	11:35	12:21
Time	33:52	1:10:20	1:57:34	2:36:48	3:08:22	5:30:00
Pace	10:54	11:19	11:45	11:58	12:08	12:36

Data source: McMillanRunning.com

It is important to monitor your progress throughout the season. Not only does it tell you if you are on track, but it also provides data to help recalibrate your goal

should the situation warrant. In setting your goal, maybe you were too ambitious or too conservative. Measuring your progress along the way would reveal this and help you to achieve your true potential.

A few years ago when I started training with a group, I set a goal of running a 4-hour marathon. I had just returned to running the year before after a long hiatus. A month before starting that program, I had completed a marathon in 4:11, so I thought breaking 4 hours would be a realistic goal. I took a disciplined approach to training that season and incorporated hills, track intervals and tempo runs into my workouts. It wasn't until I ran the Houston Half that October that I realized how well following this plan was working out. Based on my time in the Houston Half and using the data from the McMillan Running website, I adjusted my goal (to 3:40) and ran a successful Houston Marathon the following January.

I encourage you to try these tools. If you have any questions on how to apply them, please contact me. In addition to predicting race times, the pace calculators on both the Runner's World and McMillan Running websites also give guidance on training paces to be used for your track workouts, tempo runs and long runs. More on that next month.

I hope to see you out on the trails!

Rick Bozanich

## New Members

Please join me in extending a warm welcome to our new members:

Petar Radulovic  
Debbie Wright  
Nilesh Kulkarni  
Heather Vasek  
Ty Halstead  
Marc Mandell  
Mandy White  
Chrissy Bailey  
Crystal Self  
Michael Hutson  
Meagan Post

Rhonda Pike  
Marisely Chanax  
Robert Clark  
Alivia Treadway  
Rosa Seymour  
Cathy Harris  
Neisha Ayala  
Nancy Holcomb  
Michael Cook  
Marco Lopez  
Patricia Lopez

Tricia Pogue  
Janelle Williams  
Alain Ducante  
Mary Winkle  
Jeffrey Dean  
Tomiaka Coker  
Steve Ferguson  
Jonathan Williams  
Kathleen Hanson

## Member Profile

This month we hear from a relatively new KARC member, Tim Goedeker. I've had a chance to chat with Tim on a couple of our long runs and I've seen his recent race results. So, I knew he had an interesting story. As with previous contributions, though, I learned a lot more from this thoughtfully written member profile. I'm sure you'll be impressed and inspired.

Here is Tim's story:

I'm Tim Goedeker, I started running at an early age but not in a traditional manner. I always seemed to be running after a ball of some sort. As I grew up in St. Louis my sporting passions were playing soccer, baseball, and golf. I played all three through high school and continued with soccer and golf through college and about 10 years ago I gave up playing soccer and switched to refereeing soccer. Golf is my #1 but running is a very close #2 and provides a lot of benefits that golf does not.

My passion for running is born from a number of life events including my 25 yr old son who is currently living with Crohn's disease and my experience with colon cancer.

About 25 years ago in Houston (my first of 2 assignments) I began running for exercise and to relieve stress. I wasn't a big runner but 10-12 miles a week seemed reasonable for fitness. Fast forward a couple years to 1993. I'm living in Billings, Montana not running as much. But, when I would run I noticed loss in stamina from my days in Houston. I assumed it was the change in elevation. Billings is at 3500 feet above sea level where the air is a bit "thinner" and the golf ball travels farther too.

During a routine physical just 4 days after my 33<sup>rd</sup> birthday the Drs determined I was seriously anemic (the real reason I was lacking stamina) and the next day a colonoscopy revealed a tumor the size of a billiard ball in my colon. I had surgery the following day to remove the tumor and 1/3 of my colon and was back to work a week later even before the 15 staples were removed.



Looking back, I was lucky that there were treatment options (cures) which worked for me. The decisions were easy because there were options.

1. Do the surgery. The colonoscopy showed the tumor wasn't an immediate threat, but it had to be dealt with at some point. When the GI told me I would have to do the same "prep" as I had the night before the colonoscopy (at the time the prep was called 'Go Litely', how appropriate) prior to the surgery to remove the tumor, I scheduled the surgery for the following day. That was an easy decision. The biopsy of the tumor and lymph nodes showed cancer cells in the lymph nodes; type IIIC colon cancer.

2. Take the chemo. With a 50/50 survival rate without chemo, and 70/30 survival odds with chemo, what's to lose? Nothing, other than 12 months of some hair loss and dealing with very odd side effects of the meds. Did you know that when you take Levamisole (it was one of the nasty colon cancer chemo drugs I took, since pulled from U.S. use in 1999) you can smell the chlorine in chlorinated water?

The decisions were easy because there were treatment (cure) options. Not everyone is lucky to have options. Today at 56, after 12 months of chemo and five years of annual colonoscopies, I am a 23 year colon cancer survivor.

I moved back to Houston 9 years ago and start running 5Ks and fundraising for various cancer treatment organizations. In the first three years back in Houston I ran 17 5Ks and decided to see if I would enjoy a 10K. My initial thought was would I get bored running another ~30 minutes. I started running longer distances on my "training" runs and within a couple months I had signed up for the Rhythm 'n Blues Half marathon in 2014. So much for 10Ks.



Cotton shirt, long baggy shorts, wrong shoes - rookie half mistakes!

My real passion for running starts 3 years ago when my son graduates from Colorado School of Mines and moves to Houston while suffering with near constant gastrointestinal flare ups ("flares"). He has had Crohn's Disease for the last 13 years of his 25 years. Crohn's Disease aka Inflammatory Bowel Disease (IBD) is an auto-immune disease which attacks and can inflame any part of the GI tract.

The first 10 of his 13 years with Crohn's were manageable with pharmaceutical options that put the disease into mild remission. However, as my son finished college the treatments were losing their effectiveness. His type of Crohn's is harder to treat and the options for remission and cure are dwindling at the same time the potential for colon cancer increases. Even surgery is not a cure for IBD.



My son in 2014 when the flares were in full force.

I run for my son and the 5 million worldwide who suffer with Crohn's Disease or Ulcerative Colitis. I want better odds, I want cures and more pharmaceutical options for my son. I started running Half Marathons with Team Challenge (part of the Crohn's and Colitis Foundation (CCF)) 3 years ago to raise awareness and funds to find cures for these horrible and currently incurable diseases.



Some of you have seen me running with an orange Team Challenge singlet. I try to share the CCF mission as often as possible. I'm usually wearing something orange, if not the singlet, when I'm running. I will wear the orange Team Challenge singlet until there is a cure for my son and the many others who have Crohn's.



Napa to Sonoma - 2017 - Houston Team Challenge Family

Until that time when my son can run with me I will:

- 1) Run a sub 2:00 half, I've run two at 2:03.
- 2) Run a half in every state by my 65<sup>th</sup> birthday (9 short years away). Hopefully he's running with me before I'm 65. By the end of this year I will have 7 states under my belt.

My passion for running is about doing what I can to give back and help others. I was lucky to have options 23 yrs ago and I want to do what I can so others can have their options, too.

I look forward to seeing you all on a run, or two.

Tim



## Group Runs

Remember to come out and join other Club members for our group runs. We meet three days each week. While none of the group runs are "mandatory" we think that as members of a running Club you'll appreciate the opportunity to join a group on the run. And, you can always use the Facebook group to arrange for running partners - similar pace, similar distance.

**Tuesday** - For the next few weeks we'll be meeting at [Willow Fork Park](#) at 5:00am and 6:30pm and running the hill behind CRHS. In September the groups will again meet at [Cinco Ranch JH Track](#). This is where we normally do speedwork. If you're not familiar with track runs or are just not ready for quick running - no worries. Come on out anyway to take advantage of the soft surface. And you'll never be further away than 1/8 of a mile away from another runner!

**Thursday** - 6:30pm, [Crosspoint Community Church](#) parking lot. We run the Rick Rice park and the Mason Creek hike and bike trail. This is for any distance and pace, though, many are doing their "tempo" runs at this group run.

**Saturday** - Groups meet at the [Sergeant Hatch Park](#) (aka the CopShop) at various times from 5:00am to 7:00am for long runs of various paces and distances. Find your running partners on FB. And we always meet after the run [at Corner Bakery Café](#) on the south I-10 feeder road and Greenhouse for coffee and camaraderie.

## Getting Together

Some of us like to be close to recovery beverages after our Thursday evening runs. What better place than the World of Beer and the Tap it and Run event that happens every week from La Centerra? Did I mention there's a raffle. It seems our club runners have a winning streak going. A few went home with prizes last week!



Sonia Dhodapkar, Craig Prevallet, Doris Bozanich and Jana Daniels (from L to R) with their raffle prizes from the Tap it and Run event on August 10<sup>th</sup>. (Photo credit Rick Bozanich)

Remember that we always meet for coffee and camaraderie on Saturday mornings at [Corner Bakery Café](#) after our long runs. It's on Greenhouse on the south I-10 feeder road, just behind Chick-fil-A. Normally, we are there around 8am. So, please come out and join us after your run or even if you don't run. It's fun to catch up. And with the membership running from different locations, by different routes, and at different paces it's hard to see more than a couple people on the run. At coffee we can sit down and visit with the larger group.

## Club Runners Review

This is the ebb in the road racing season. But, there are still a few notable results from our members. Some have traveled to places expected to be cooler and some have braved the heat on local or regional roads and trails.

Here are the results we could find:

July 16<sup>th</sup> - [Rochester-Run Michigan Cheap 5k](#) - Lake Orion, MI  
Jill Seltzer 41:02 (2<sup>nd</sup> in AG)



Jill Seltzer at the Rochester-Run Michigan Cheap 5k  
(photo courtesy Jill Seltzer)

July 16<sup>th</sup> - [Napa to Sonoma Half Marathon and 5k](#) - Sonoma, CA

Rick Bozanich	2:13:07 (Half Marathon)
Doris Bozanich	47:38 (5k)
Nakia Coy	3:01:07 (Half Marathon)
Tim Goedeker	2:15:05 (Half Marathon)
Phil Trumbly	43:22 (5k)



Club members Rick and Doris Bozanich and Phil Trumbly at the finish of the Napa to Sonoma Wine Country Half Marathon - also pictured John and Katherine Bozanich and Cindy Zatorski (photo courtesy Rick Bozanich)



July 16<sup>th</sup> - [XTerra Magnolia 21k Trail Race](#) - Navasota, TX

Nicole Berglund

2:29:26 (3<sup>rd</sup> in AG)



Nicole Berglund on the podium for her 3<sup>rd</sup> place AG finish (photo courtesy Nicole Berglund)

July 29<sup>th</sup> - [Burning River 50 Mile Endurance Race](#) - Willoughby, OH

Nicole Berglund

12:27:52



Nicole Berglund shows off her burnin' hot hardware at the finish of the Burning River 50 mile Ultra race (photo courtesy Nicole Berglund)

July 30<sup>th</sup> - [Ainsley's Angels Sunset 5k](#) - Lake Charles, LA  
Shawn Siemers 25:16 (2<sup>nd</sup> in AG)

August 6<sup>th</sup> - [Wellness Project 5k](#) - The Heights, Houston  
Doris Bozanich 46:07 (2<sup>nd</sup> in AG)  
Rick Bozanich 25:12 (2<sup>nd</sup> in AG)  
Bob Furman 42:40 (1<sup>st</sup> in AG)  
Lynn Furman 45:43 (1<sup>st</sup> in AG)  
Charlotte Harris 22:11 (1<sup>st</sup> Woman overall)

## Area Running News

Our local running stores are really coming along. In fact, Fleet Feet opened on tax free weekend. Look for them at La Centerra. Our friends at Good Times Running Company are planning on a September 1<sup>st</sup> opening. That'll be just in time to get your new racing shoes for the Katy Back to School 5k! You can do that at one of the packet pickup events we have there for that race.

## Upcoming Event Calendar

The following running events are upcoming club sponsored social events or club focus races. For more information, including hyperlinks to race websites, see our calendar on [www.KatyAreaRunningClub.com](http://www.KatyAreaRunningClub.com).

**August 19<sup>th</sup> - HARRA Party in the Park** - Memorial Park, Houston

**August 27<sup>th</sup> - Houston Wellness Project 5k** - check the website for time - Freedom Park, Katy - race info and registration [here](#).

**September 4<sup>th</sup> - KARC Back to School 5k** - Katy, TX - registration [here](#).

**September 24<sup>th</sup> - Houston Wellness Project 5k** - check the website for time - Freedom Park, Katy - race info and registration [here](#).

**October 22<sup>nd</sup> - Houston Wellness Project 5k** - check the website for time - Freedom Park, Katy - race info and registration [here](#).

**October 29<sup>th</sup> - Houston Half Marathon & 10k** - Sam Houston Park, Houston, TX - race info [here](#).



**November 23<sup>rd</sup> - YMCA Turkey Dash 5k/10k - Monty Ballard YMCA, Katy, TX - race info [here](#).**

**November 26<sup>th</sup> - HMSA Classical 25k/10miles/5k - Downtown Houston - race info [here](#).**

**November 26<sup>th</sup> - Houston Wellness Project 5k - check the website for time - Freedom Park, Katy - race info and registration [here](#).**